

## **Cleaning Tasks**

### **“Food trash” in your unit –**

- ❖ Always dispose of trash on a daily basis, usually before going to bed so that there is nothing to attract cockroaches, rodents or ants.
- ❖ Put away pet food before going to bed.
- ❖ Keep snack trash, crumbs, and food scraps cleaned up.
  - Avoid eating in carpeted rooms.
  - Food and crumbs can attract insects and rodents.
- ❖ Wash dishes daily.
  - Dirty dishes are a source of food for cockroaches and rodents.
  - Dirty dishes are also a source of contamination from bacteria and chemicals that may cause a food borne illness

### **Trash Disposal -**

- ❖ It is the responsibility of the tenant to dispose of their trash on a daily basis.
- ❖ Always seal your trash inside plastic bags to avoid attracting cockroaches, rodents and other pests.
- ❖ Place sealed plastic bags inside the trashcan or dumpster, and **KEEP THE LIDS CLOSED AT ALL TIMES!**
- ❖ It is the responsibility of the landlord to provide adequate trash containers or facilities to handle the trash load of all of the tenants in the building on a calendar week basis.
- ❖ Keep trash areas clean by making sure the trash gets into the container. Although it is ultimately the landlord’s responsibility to maintain the area clean, it takes a joint effort by tenants and landlord to accomplish this task.

### **Common Areas -**

- ❖ It is a shared responsibility of both tenant and landlord to keep exterior premises clean of trash and debris.
- ❖ Maintaining common areas in an orderly manner may prevent accidents from tripping.
- ❖ Clutter is an excellent home for insects and rodents. Removing food trash and other debris eliminates sources of food and shelter for rodents.

### **Bedrooms -**

To prevent providing food or housing for cockroaches, rodents and other pests, and to prevent mold or mildew growth in bedrooms:

- ❖ Avoid snacking in the bedrooms. Clean up all plates, cups, utensils and food trash immediately if you do snack there.
- ❖ Avoid clutter.
- ❖ Store dirty clothes in movable baskets or other containers, preferably made of plastic or other sturdy non-absorbent material.
- ❖ Allow damp towels or clothing to air dry before storing them in the hamper, or wash them immediately after use to prevent mildew.
- ❖ Hang up clean clothes, or fold and store them in drawers or other movable, non-absorbent containers.
- ❖ Provide ventilation by opening a window or running a fan to minimize moisture accumulation.
- ❖ Leave closet doors open an inch or two, and leave the same amount of space between the wall and large immobile pieces of furniture (like headboards and dressers) to prevent mold growth.

### **Bathroom -**

- ❖ Clean floors, walls and ceilings at least weekly.
- ❖ Clean bathtub/shower stall, toilet, countertops and washbasin daily as needed.

- ❖ A solution of vinegar and water in a spray bottle can be used to spray down the bathtub and/or shower stall walls after the last use of the day to maintain those areas free of mold and soap scum build up.
- ❖ Leave the bathroom window or door open while showering or bathing (or at least immediately after finishing!) to let the moisture escape

#### **Screens -**

- ❖ Clean once per month to remove accumulated dust and pollen that can aggravate asthma and allergies.
- ❖ Hose off screens outside. If they are on the second story of the building or higher, use a vacuum attachment to clean them from the inside, or remove and wash them in the bathtub with borax solution.

#### **Windows -**

- ❖ Inspect windows for signs of condensation and mold.
- ❖ Clean once every two weeks with vinegar or lemon juice and water to remove grime and accumulation of condensation.

#### **Refrigerator Condenser Coils -**

- ❖ Clean condenser coils allow the refrigerator to run more efficiently and reduce dust.
- ❖ Vacuum or wipe with a damp cloth once a month.

#### **Spider Webs and Cobwebs -**

- ❖ Remove spider webs *carefully* on a weekly basis.
- ❖ Use a broom to reach the webs and remain safe at the same time.
- ❖ Cobwebs can be removed using the vacuum attachments or a broom.

#### **Shoe removal before entering dwelling -**

- ❖ Removing your shoes before entering your home decreases the accumulation of dirt and dust and helps keep floors and carpets cleaner. This is very helpful if residents work in restaurants, other food facilities or places with oil and grease, which remain on work shoes and stain carpets, too.
- ❖ It also helps lower the amount of particulates in the air that can aggravate asthma and allergies.

#### **Caring for your family pet -**

- ❖ Remove water before going to bed to reduce water source for rodents and insects.
- ❖ Remove pet food before going to bed.
- ❖ Bathe pet on a routine basis with a very mild pet or baby shampoo. Avoid over-bathing, which dries the pet's skin and may create additional dander.
- ❖ Treat pet for fleas if needed on a routine basis. Consider adding Brewer's yeast to pet food or using other natural flea treatments to reduce or eliminate the introduction of flea pesticides into the home.
- ❖ Animal feces and urine attracts flies and other vermin.
  - Pick up feces daily and place it in a sealed plastic bag. Dispose of the bagged feces inside the trashcan or dumpster weekly. Do not place unbagged feces in the dumpster.
  - Use a solution of vinegar and water to wash areas where pets urinate. Leave it on the area for 10 minutes, then rinse.
  - Do not hose down balconies or other overhanging areas! Use paper towels to clean up urine, dispose of them in a plastic bag, then mop as above.